



Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook)

Valerie DeLaune LAc

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Repetitive strain injuries to the shoulder, back, and arm can cause debilitating pain that keeps you from being able to perform even the most basic everyday tasks. Compounding the frustration, it can seem that there's nothing you can do to ease the discomfort caused by your injury and speed your recovery.

Trigger point therapy has helped hundreds of thousands of people recover from repetitive strain injuries of all kinds. Used by massage therapists, physical therapists, and other health care professionals, this powerful technique can dramatically improve the body's capacity to heal. *Trigger Point Therapy for Repetitive Strain Injury* helps you find and treat the trigger points in muscle tissue that refer pain to your elbows, lower arms, wrists, or hands. Through simple stretching and pressure exercises you can do at home, you can reduce pain and increase mobility so you can get back to enjoying your life.

With this guidebook, you'll:

- Identify the specific trigger points in muscles that are causing your pain
- Self-treat your pain with stretches and pressure targeted to your trigger points
- Learn how to prevent further muscle damage or injury
- Optimize your diet and body mechanics to speed recovery

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Anthony Anderson:

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Catherine Ng:

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